

Objective: Students will learn how peer pressure can be both positive and negative. Students will explore ways to resist negative peer pressure and be part of a positive peer group.

Resources Needed for this Activity:

- PowerPoint [8_U5_A1_PP_Positive Negative Peer Influences]
- YouTube Videos
 - “Bad Friendships: Doing More Harm than Good,” Stop at 3 minutes 20 seconds. Available at: www.youtube.com/watch?v=hOH74YxajU8
 - “Peer Influence: One Way to Play Drug Free!” 1 minute 4 seconds. Available at: www.youtube.com/watch?v=byWZMyJaMy0

Opening: 2 minutes –The advisor begins by telling the students that they will spend the next four advisories discussing peer relationships. Today the topic is how people are influenced by their friends and classmates.

Activity: 26 minutes – Slide 2: The advisor shows the video about negative peer pressure. Ask students to listen for answers to the following questions:

- Why do students sometimes experience negative peer influence?
- Why do you think Peter and Gavin are friends?

The advisor facilitates a classroom discussion on these two questions.

Slide 3: The advisor describes five common reasons for negative peer influence:

- 1) Misguided loyalty: Students stay friends with peers that are making troublesome decisions even though they know it is probably a bad choice.
- 2) Popular friends: Students want to be popular.
- 3) Danger: It seems exciting but students do not think through the likely or possible bad consequences.
- 4) Insecure: Students feel they do not have many friend options and go along with whatever their friends want.
- 5) Followers: Students let peer leaders take them down the wrong path.

Slide 4: The advisor divides the students into groups of five and asks them to discuss the following items: What does your group think are the most common reasons students at our school are influenced negatively by peers? Rank the 5 most common reasons for be influenced negatively by peers and be prepared to share your group’s reasoning.

Slide 5: The advisor asks group members to share their answers with the class.

Slide 6: The advisor shows the video about positive peer groups by clicking on the picture in the slides. Ask students to listen for the following items:

- Teenagers should hang around people with the same _____.

- What is a benefit of having a positive peer group?

After the video facilitate a discussion on these two items.

Slide 7: The advisor describes why positive peer groups matter. If students hang around people with the same values, it helps students to avoid getting pressured into something that they really do not believe in. Positive peer groups can fight off temptation together. Students often make the same decisions as their friends. If a student's peers smoke, drink, bully others, and do not study, then the student is much more likely to do the same thing. If a student's peers stay away from drugs, are kind to others, and do their best in school, then the student is much more likely to do the same thing.

Slide 8: The advisor asks students to stay in their groups of five and discuss the following questions (which are on the slide.) Do you believe in this statement: *If your peers stay away from drugs, are kind to others, and do their best in school, then you are much more likely to do the same thing.* Why or why not? Name 5 of the following personality traits that can be most influenced by positive peer pressure: Helpful, loyal, optimistic, ambitious, considerate, fun, trustworthy, honest, sincere, stable, ethical, funny, kind.

Slide 9: The advisor should ask group members to share their answers with the class.

Closure: 2 minutes – The advisor emphasizes that peer pressure can be positive or negative. Students should identify strategies to resist negative peer pressure and be part of positive peer group.